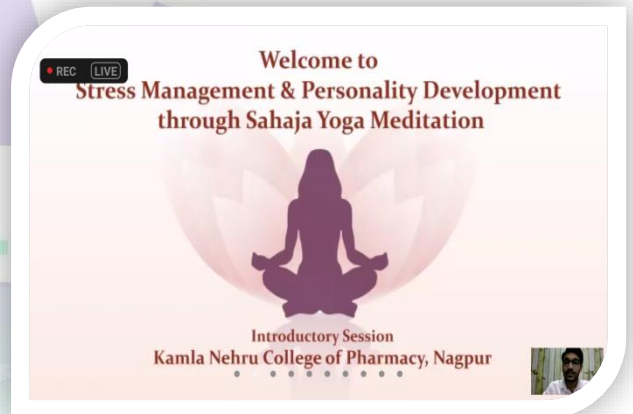




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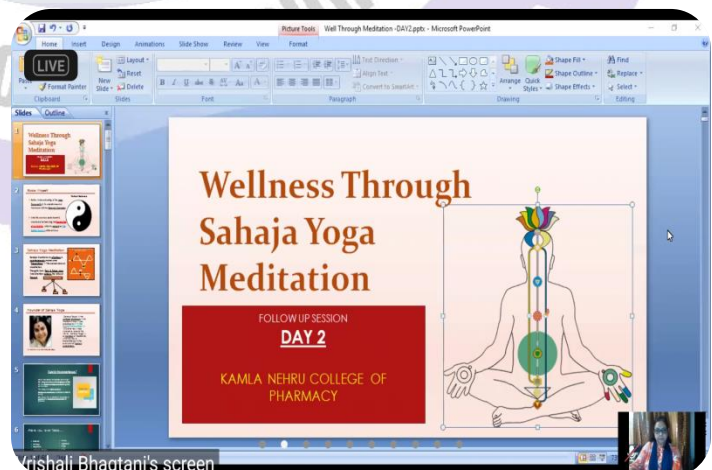
Stress Management and Personality Development through Sahaja Yoga Meditation.

A five days meditation workshop from 28th June 2021 to 02nd July 2021 was organized for Kamla Nehru College of Pharmacy in association with Sahaja Yoga National School Propagation through online mode. The main objective of the workshop was to equip students with pro-peace values, to gain information about basic structure of our own body and to introduce them own subtle system.



First day started with welcome address by Dr. Baheti, Principal, Kamla Nehru College of Pharmacy followed Mr. Shashwat Trivedi session (Ph.D. Scholar IIT, Bombay). He briefing about different form of stress, working styles of employees. During this he encouraged the participants to practice Sahaja Yoga for a balanced and successful life.

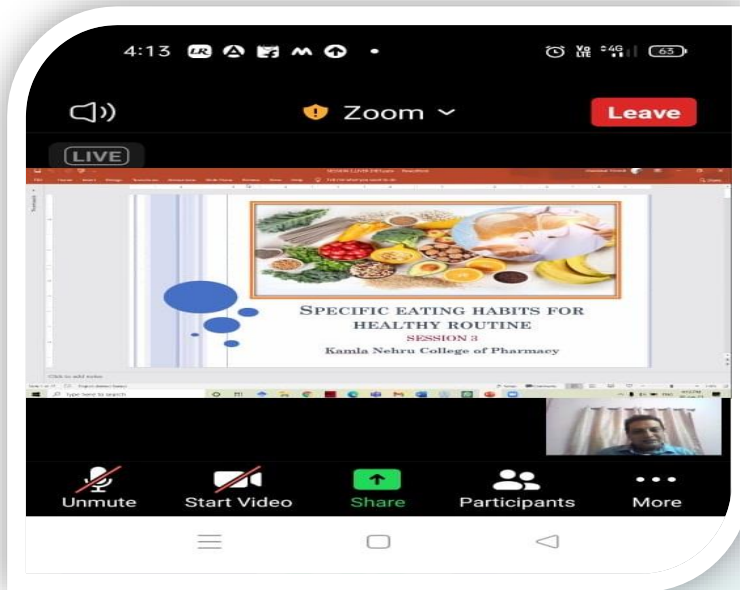
On 29th June 2021 Mrs. Vrushali Bhagtani, teacher from Poddar International School Amaravati was the speaker; she explained about the right and left channels in our body and how to control them.



Vrushali Bhagtani's screen

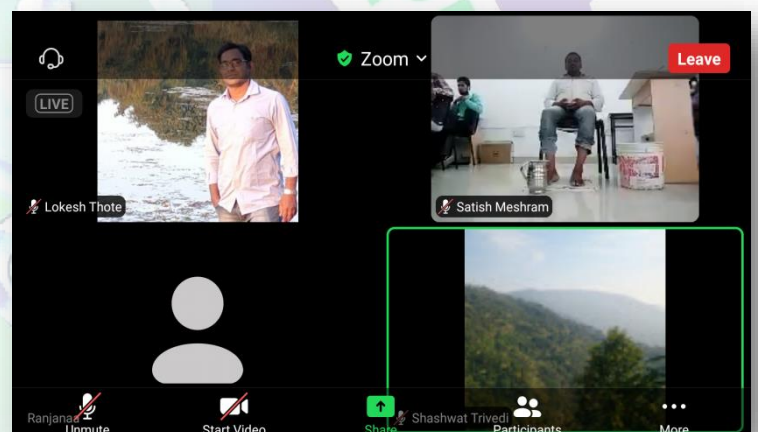


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Mr. Ramkrishna Kallurru from Vishakhapatnam was the speaker for third day. He in his session explained about the liver diet for strong concentration and wellness.

Mrs. Ranjana Yadav was the mentor for the fourth day and she explained about the Jaltatva and demonstrated clearance technique foot soak and ice pack, she brief how salt water can be used to relive stress and do meditation.



On the fifth day i.e. 2nd July 2021 Mrs. Vaishali Wasule was the speaker. In this session she explained the importance of physical exercise for energy centres also. she shared the videos regarding different exercises that can be used to keep the healthy mind in a healthy body.



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The entire session was coordinated by Mr Lokesh T. Thote, Mr. Pradeep S. Raghatate and Ms. Disha M. Dhabarde. The students and staff were definitely benefited from this workshop.



Management member of Amar Sewa Mandal, Dr. Suhashini Wanjari, Adv. Abhijeet Wanjarri, and Dr. Smeeta Wanjarri, congratulated the entire organizing team for successful organization of the program.

